arthritis

makes a tough time even tougher 1 in 3 Michigan adults say they have more than 2 chronic conditions



51% of Adults with High Blood Pressure

57% of Adults with Cardiovascular Disease

63% of Adults with Diabetes

also have arthritis

People with chronic (ongoing) health conditions of any kind are more likely to say they have



- a work disability
- serious emotional distress
- a limited social life

Having arthritis as one of those health conditions makes things even worse

There's something you can do:









Increase physical activity

www.michigan.gov/arthritis

Qin J, Theis KA, Barbour KE, Helmick CG, Baker NA, Brady TT. The impact of arthritis and multiple chronic conditions on selected life domains - United States, 2013. MMWR 2015; 64 (21):578-582.



